

Table 1. Vitamin C content of well-known food sources.<sup>8</sup>

Food source	
Guavas	347 mg
Red peppers, uncooked	190 mg
Chillies, uncooked	132 mg
Lemons	77 mg
Oranges	53 mg

Table 2. Food sources of immune support nutrients

Nutrient	3 food sources
Vitamin C	Guavas Red peppers (raw) Citrus fruit
Vitamin D	Fish liver Tinned oily fish Eggs
Selenium	Brazil nuts Mushrooms Seeds
Zinc	Oysters & mussels Pumpkin Sunflower seeds

